

**Recipe Name:** Lu Poto Post Recipe (Lu Parwal In Poppy Seed Masala Recipe)

**Diet Type:**

**Course:** Dinner

**Cuisine:** Bengali Recipes

**Quantity:**



## Ingredients

| Ingredient                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Quantity |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"> <li>• 15 Pointed gourd (Parwal) - cut into wedges</li> <li>• 3 to 4 Potatoes (Aloo) - skin peeled</li> <li>• 1/2 teaspoon Methi Seeds (Fenugreek Seeds)</li> <li>• 1/2 teaspoon Cumin seeds (Jeera)</li> <li>• 1 teaspoon Fennel seeds (Saunf)</li> <li>• 3 Cloves (Laung)</li> <li>• 1 inch Cinnamon Stick (Dalchini)</li> <li>• 1 Dry Red Chilli</li> <li>• 1/2 inch Ginger - finely chopped</li> <li>• 1/2 cup Fresh coconut - grated</li> <li>• 2 tablespoon Poppy seeds</li> <li>• 1 teaspoon Red Chilli powder</li> <li>• 1 teaspoon Turmeric powder (Haldi)</li> <li>• 2 Green Chillies - finely chopped</li> <li>• 1 teaspoon Sugar</li> <li>• Salt - to taste</li> <li>• Mustard oil - as required for cooking</li> </ul> | 6        |

## Preparation

- Fry till the aroma comes out.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 420             | 18          | 35        | 24      | 6         | 8         |